

**How To Make Ready Winners for the Sport Now so Popular in the Island Athletic Events.**

the vaulting pole was made of straight-grained spruce, and was not expensive on account of the number of sticks that have to be used in the making of one good pole. A pole should be sixteen feet long and six inches in diameter, and should be made of iron, spike at the top. The pole should be covered with a material for a distance of three or four feet from the top, so that the climber should grip that part where it is held by the hands in vaulting. The climber will find it best to place his feet at about six feet on his first ascent, and to work on this height until he has mastered the climb, which is usually a complicated one. He should then descend, and make a light and broad jump, the feet may lay out his take off and his arms may be used to clear the bar. No rule can be set down for the climber to learn how to fall limp into the soft ground below, and there is never any danger attending this drop.

It is not permissible in vaulting in America to move the upper hand on the pole. The lower hand may be brought up, however. In England, "climbing" the pole is allowed, and athletes there frequently bring the lower hand up above the other. Better results have often been made by this means.

When training for this event the novice should not vault oftener than fifteen times a day, and he should never work with the pole more frequently than three times a week. On the intervening days he should do light work at springing.

Take every height three times, and then raise the bar, as it is frequently possible for a climber to clear a higher pole after failing at the lower one.

The gymnasium, with its numerous classes and splendid equipment, ought to appeal to every man in the city. Hundreds of dollars in doctors' bills might be saved by taking regular daily exercise.

A. J. COATS,  
Physical Director Young Men's Christian Association.

Willis. It is gratifying to be able to record that the sales of Number 2 were well in advance of the first number and that the list of annual subscribers is steadily increasing. Number 4 will contain a photograph of the football team, which will have played several matches by that time.

L. G. BLACKMAN.

the occasion by Woodbridge and West, will then be sung by the entire club. After a while Messrs. Gleason, Williams, Walcott and Johnson will contribute their latest success, "If we only had a Propeller in our Boat." After this it will be up to John Piver to render a spasm of funnyisms. Music will then supervene, created by Joe Marin-

middle of October, eh?

"There are more men bathing just now than in the summer season before. The boathouse is crowded every night, and on Sundays it is literally packed. A pontoon with a springboard attached was placed in the water yesterday, and swimmers will find it very convenient to swim to and from the boathouse. It is possible that tobogganing will be added to the programme and water polo. A gymnastic apparatus will be added to the equipment of the club in the near future. I mention these facts just to let you all see how things are going ahead with us."

"So many visitors come to the boathouse these days that it looks as if we should have a waiting list of swimmers for some time. As things are at present, locker room, boat room, and even sitting room are at a premium."

The Advertiser aims to give the latest and most reliable sporting news. Articles on live sport, written especially by experts, will from time to time appear in its columns. Contributions on local sport are invited and will be printed if suitable. Address all communications to the Sporting Editor, Advertiser office.

It may safely be said that "Kōkeala" contains more of the genuine flavor of old Hawaii than any of its predecessors, although it is not free from a few slight anachronisms, such as "Kōkeala" carrying a bundle on her head (page 123) and the use of the word "honey" in allusion to the honey bee (page 250). In the royal present composed of "lani shells, achatinellae, instead of the favorite Neritae, from the sea, etc. But after all, the picture given here of ancient Hawaiian life in peace and industry is so convincing that the few inaccuracies as those drawn for us by the magic pen of Walter Scott in the pages of "Ivanhoe" and the "Talisman."

Some license must be accorded to the romancer, as well as to the poet.

For the historical setting of his story, the author has chosen the period immediately preceding the arrival of Captain Cook, which enables him to introduce the famous battle of the sandhills near Wailuku, and the inter-island politics

When you cannot sleep for coughing it is hardly necessary that any one should tell you that you need a few doses of Chamberlain's Cough Remedy to allay the irritation of the throat, and make sleep possible. It is good. Try it. For sale by Benson, Smith & Co., Ltd.

CONGRESS MUST ACT.

of the hopes of some gentlemen in England and Cuba were to become a part of the United States by reason of the territory suppose that the habeas corpus and the trial by jury would be more than mere acts of ceremonial franchise and election laws and the whole authority of popular franchise and the whole authority of Congress on the subject is endangered in that case. It is provided that Congress shall make all needful rules and regulations respecting the Territories and that it is the word in Territories is plain evidence that the framers of the Constitution looked upon the acquisition to form new Territories as they have been acquired.

States. Does the Constitution of the United States settle titles to land? Does it fix the relations of parent and child? guardian and ward? The Constitution of the United States establishes what the gentleman calls a constitution for certain great purposes, leaving all the great details of laws which is to govern society to derive their existence from State enactments.

That is the just view of the state of things under the Constitution. And a State or a Territory that has no law but such as it derives from the Constitution of the United States must be entirely without any State or Territorial government. The honorable Senator from South Carolina, conversant with the subject and must be by his long experience in the different branches of the Government must know that the Congress of the United States have established principles

The vote in the house by which all these questions were decided, October 25, 1892, as far as this branch of the Government can decide anything, was the decisive one.

But the mere existence of this power need not alarm the inhabitants of our insular territory. Nor will gentlemen on the other side ever have any real occasion to complain of its improper exercise under Republican control. We will now give to the people of Porto Rico a bend that plenary though this power is, will now be exercised over them at the legislative power of the United States under Democratic control is now exercised. No; the Republican party, born out of the agonies of a long-suffering people trampled upon by the most corrupt and venal oligarchy that ever existed, has no party to rebel against. The history written in the blood of American patriots who fought under its great leader, Abraham Lincoln, in the cause of freedom and civil liberty to be accused by its Democratic opponents of seeking to oppress any people of any race or color, is under the shadow and protection of our nation's starry emblem of liberty.